#### **KY TEACH PROJECT**

KY Commission for Children with Special Health Care Needs 333 Waller Avenue, Suite 300 Lexington, KY

Phone: 859-252-3170 or 800-817-3874

Fax: 859-225-7155



Do you need help finding resources or services in your area? Here's a website that can help: www.kycares.com

# FUN RECIPE: POPSICLES!

What you need: 1 pkg. Kool-Aid 1 pkg. Jell-O 2 cups boiling water 1 cup sugar 2 1/2 cups cold water or fruit juice

### What you do:

Stir the first four ingredients in a large pitcher until dissolved, then add the cold water. Pour into popsicle holders or for mini popsicles, pour into ice cube tray, cover with plastic wrap and poke a toothpick through the wrap into each cube. Place in the freezer until frozen. Makes 16 popsicles, takes about 6 to 8 hours to freeze.

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N	С	J	0	В	Ι	0	D	1	С	0	Ε	S	W	Ε
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Α	L	Н	0	Т	D	0	G	S	Ε	Α	D	0	Κ	Т
V	Α	С	Α	Т	1	0	Ν	Υ	Α	L	Р	Μ	-1	R
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Summer

ARCADE	HEAT	SHOPPING
BAREFOOT	HIKE	SHORTS
BASEBALL	HOT DOGS	SKATES
BEACH	ICED TEA	SLEEPING OVER
BIKE	J0B	SUNBURN
BIKINI	LEMONADE	SWEAT
BORED	MONEY	SWIM
CAMP	MOVIES	TAN
CAR TRIP	MOW	TRAVEL
COKES	NO HOMEWORK	T SHIRT
COOKOUTS	PARKS	TV
FRISBEE	PICNIC	VACATION
GOOF OFF	PLAY	WATER
HANGING OUT	POOL	WORK

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If you have a joke or riddle you would like to be featured in the next newsletter send it to:

KY TEACH PROJECT, 333 Waller Avenue, Suite 300, Lexington, KY 40504

Joke Answers: I. I hey are both in the middle ot water. Z. Yes, they are made tor dips.



**KY TEACH PROJECT** 



**CCSHCN Summer**, 2000

# Moving Out

When you begin to think about moving out on your own, you need to ask yourself some important questions such as:

How much money do I have to spend on rent, utilities, extra's? (no more than 1/3 of your income)

- When would I like to move out?
- Do I want to live in a city, small town, or in the country?
- Do I want to rent or buy?
- Do I want to stay in an apartment, house, or trailer?
- Do I want to have roommates?
- D What do I need to live happily? (telephone, cable

TV, dishwasher, internet access?)

After processing this information, give yourself time to make a decision. If you do

> decide to move, make a time line to keep your goal in view and work towards it.

When you are deciding on where you would like to move, the Internet is a good resource. There is information about employment opportunities, housing cost and availability, and schools. You can also find information in your city library and by talking with family and friends who live in the area.

Moving out on your own will be one of the biggest decisions you will make, but proper planning will make this a successful transition.

Kentucky Commission for CSHCN Regional Offices and **Phone Numbers:** 

**Ashland** 

800-650-1329

**Barbourville** 800-348-4279

**Bowling Green** 

800-843-5877

**Edgewood** 

888-542-4453

Elizabethtown

800-995-6982

Hazard

800-378-3357

**Hopkinsville** 

800-727-9903

**Lexington** 800-817-3874

Louisville

800-232-1160

Morehead

800-928-3049 Owensboro

877-687-7038

Paducah 800-443-3651

<u>Salyersvi</u>lle

800-594-7058

Somerset 800-525-4279 PAGE 2 INDEPENDENCE

### SUCCESSFUL LIVING: Meet Marcus Curtis Smith

Marcus has a successful story he would like to share with you. He has not made all the right choices, but he hopes that you can learn from his mistakes. Marcus dropped out of high school at the age of seventeen. After Marcus quit school things began to get hard for him. Taking care of himself was not as easy as he thought it would be. Finding a good paying, stable job was hard without having a high school diploma and with a disability.

Nine years went by and Marcus decided to take classes to prepare to take the test to get his GED. He took classes at the Carnegie Center in Lexington for about five years. During that time period. He took the test to get his GED three times and did not pass it, but he did not give up. Marcus does not count that as a waste of time, he learned that he enjoyed writing while working on the computer at the Carnegie Center. He enjoys writing short stories and he hopes to have a book published. His ultimate goal is for one of his books to become a story line for a movie.

Marcus received his GED at age thirty-one and is presently a second year student at Lexington Community College (LCC). Marcus really enjoys college, especially his communication classes. He is the Vice-President of the Athena Club, an organization for students with disabilities attending LCC. Marcus Curtis Smith is thirty-three years old and he is legally blind.

Marcus's Philosophy: People with disabilities or not, can do anything they put their minds to.

### Wise Sayings

You are never given a wish without also being given the power to make it come true. You may have to work for it, however. Richard Bach

Use what talents you possess; the woods would be very silent if no birds sang except those that sang best. Henry Van Dyke

C C S H C N PAGE 3

### HEALTHY LIVING:



# Staying Safe in the Sun

Summer is here and many people will be participating in outdoor activities. It is important that you are prepared when you spend time outside in the sun. The sun gives off ultraviolet rays, an invisible form of radiation that can penetrate and change the structure of skin cells. Some sun exposure is all right, but excessive and unprotected exposure can result in premature aging, various forms of eye damage, and different types of skin cancer. Here are some ways you can protect yourself from the sun's ultraviolet rays:

- When possible avoid outdoor activities during the middle of the day (between 10 a.m. and 4 p.m.) when the sun's rays are the strongest.
- As appropriate, wear protective clothing, such as a wide brimmed hat, long sleeved shirt, and long pants.
- Wear sunglasses that provide 100% UV protection.
- Always wear a broad-spectrum (protection against both UVA and UVB) sunscreen and lip screen with at least SPF 15. Remember to reapply as indicated throughout the day. Be sure to reapply while swimming and exercising.
- Drink plenty of water and eat a lot of fruit.

Stay safe and have a great summer!!!!!!

#### Cool web sites to visit



Career Information: http://stats.bls.gov/ocohomo.htm

Teen chat and games: http://henterprises.com/tc/ or http://www.teentoday.co.uk/

Resume Writing: http://www./wcedu/administrative/career/Resumes.htm



#### JOKES (answers at the end of the newsletter!)

- 1. How are an island and the letter "T" alike?
- 2. Are potato chips good swimmers?